



MAINE CHAPTER *of eastern area intergroup*

## HIGHLIGHTS – January 18, 2014

---

### MEETING ANNOUNCEMENTS:

---

#### Highlights FROM FA MAINE CHAPTER MEETING – Providing Me/NH Meetings with Support in Reaching Newcomer:

- **From the Maine Chapter Chair:** Chapter meeting attendees talked at length about the purpose of the Maine Chapter and why we meet on a monthly basis. We agreed that there are multiple reasons to do so but that we have a single PRIMARY purpose: to help assure that anyone in our families, our circle of friends and in our communities knows that we have a solution to our food addiction and no longer need to silently endure mental, physical and spiritual suffering. If you are at a point in your recovery where you are reaping the joys of abstinence and recovery, please consider helping those families, friends and neighbors by helping our meetings grow and remain strong. Please consider paying it forward. Spread the word! Be part of the solution. Your voice and your actions can make the difference for another person who still suffers in food addiction. Recovery from food addiction is possible!
- **There will be an Information Session in Augusta, Tuesday February 11<sup>th</sup> at 6:30pm at the Prince of Peace Church.** To raise awareness two FA fellows were interviewed by Renee Nelson. The interview was broadcast on 92 Moose and their affiliated stations Sunday January 25<sup>th</sup> at 6am. The interview is also available on the Station's website. The Tuesday meeting is also running radio spots announcing the Information Session. FMI about how to carry the message of FA Recovery in your community while honoring our Tradition of Anonymity contact Arlene: PI Chair and consult the FA PI Kit available on the FA Website.
- **On-line Registration for Meeting Support Day (MSD)** begins on February 1<sup>st</sup>. This year's theme is "Practicing Recovery". MSD will be held on March 15<sup>th</sup> in Augusta at UMA's Randall Hall. Registration begins at 8 am, the meeting begins at 9. There are no registration fees. Sponsors and sponsees, come and enjoy a day filled with fellowship, ways to strengthen personal recovery and the joys of sharing recovery wisdom. Look for the MSD trifold at your local meeting.
- **An FA Road Trip** is in the works for the 7 p.m. Wednesday night Scarborough meeting on February 25<sup>th</sup>. If you would like to participate email [ME12thStep@foodaddicts.org](mailto:ME12thStep@foodaddicts.org), call Jim S. at 647-2016 or Marina S. at 442-8547. The Scarborough meeting would welcome anyone with 90 days and who is working with an FA sponsor to be available to share on any Wednesday night. Call Roberta at 839-6452 for more information.
- **FA Fellows needed for a Health Fair at Thomas College in Waterville** on March 28<sup>th</sup> from 9-2pm. FMI call Arlene, PI Chair at 207-735-7956.

Please join us for the next FA Maine Chapter meeting which will be held on Sunday, February 15<sup>th</sup> at 9:30am at the University of Maine Augusta. If cancelled due to weather a message will be placed on the Information Line by 6A. FMI Contact Steve A. 207-767-3207, or email [MEChair@foodaddicts.org](mailto:MEChair@foodaddicts.org).

---

**FA Maine Chapter, PO Box 1772, Scarborough, Maine, 04070-1722, 207-775-2132**

---



FOOD ADDICTS *in recovery anonymous*

MAINE CHAPTER *of eastern area intergroup*

## HIGHLIGHTS – January 18, 2014

---

### BUSINESS MEETING ANNOUNCEMENTS:

---

- **12<sup>th</sup> Step Service-of-the-Month:** Would your meeting be interested in hosting an FA Writing Session? Call or email Marina, 12<sup>th</sup> Step Chair, for more information at 442-8547 or [ME12thStep@foodaddicts.org](mailto:ME12thStep@foodaddicts.org). The sessions last an hour and a half and anyone who has attended one can facilitate a writing session.
- **FA Fellow needed** who is willing to check messages left on the Maine Chapter Information Line on Sundays. This service position requires two years of abstinence. FMI contact Arlene, PI Chair 207-735-7956
- **FA Information racks, FA labels for racks already placed in the community and Information Booklets** will be available at the Chapter Meeting. If you need them before the next Chapter Meeting, contact Patti R., So. Portland, [207-233-7947](tel:207-233-7947) or Mary Jane, Portland, [207-210-5511](tel:207-210-5511).
- **If you have to cancel your meeting due to severe weather:** a cancellation notice can be placed on your local TV Station. For details on the process call your local station. Below is a partial list some of the stations in our Maine Chapter area:
  - WCSH 6: (207)523-2930 - Requires set up of ID & Password to access automated system
  - WMTW 8: (207)774-6826
  - WGME 13: (207)228-7600

Please join us for the next FA Maine Chapter meeting which will be held on Sunday, February 15<sup>th</sup> at 9:30am at the University of Maine Augusta. If cancelled due to weather a message will be placed on the Information Line by 6A. FMI Contact Steve A. 207-767-3207, or email [MEchair@foodaddicts.org](mailto:MEchair@foodaddicts.org).

---

**FA Maine Chapter, PO Box 1772, Scarborough, Maine, 04070-1722, 207-775-2132**

---